

COMMUNITY SUPPORT SERVICES NEWSLETTER

Belvedere Heights, 21 Belvedere Ave. Parry Sound, ON P2A 2A2

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How to De-code Doctor-speak

Many patients meet with their doctor looking for answers and leave with more questions than understanding. As the patient, it is your right and responsibility to understand your diagnosis, your outlook, and the possible treatments. We know that physicians are busy and getting appointments can be challenging, so here are some tips to help ensure both you and your doctor are getting and receiving the information that is needed.

1. Bring someone with you to the appointment. This is very important when expecting information about tests or treatments. A second set of ears, and another voice can be invaluable to everyone. (Ask the medical staff to speak slowly and clearly.)
2. Take notes or ask permission to record the conversation. (I always bring my iPad and write down the information. I also ask for copies of the test results and/or scan reports.)
3. Do not be intimidated. If you do not understand something ask for an explanation that is meaningful to you. Ask for clarification. Help the doctor know that you do not understand.
4. Never nod your head or give an indication that you understand what is being said or discussed when you don't; it does not help you, the doctor or, your situation.
5. Repeat what you think you heard so that your doctor will know whether you are both on the same page. Repeating back to the doctor what you heard is an ideal tool you have to avoid miscommunication and misunderstanding.
6. Ask for references or online sources so you can read up on the diagnosis or treatment plan(s) being recommended.
7. Leave the door open for anything you may have forgotten. Say "If I have any questions, I will call or write you a note."

Patients are being asked to take more responsibility for their own care these days and need to become effective advocates for their medical and mental health plans. Medical terminology can seem like another language so it is up to the patient to ask for a translation. Seniors are particularly susceptible to not understanding the information that is shared by medical practitioners. If they do not know how to ask for clarification and understanding, or they are unable to, it is important that they have another person to go with them to appointments.

I have mentioned my Father's words of wisdom in previous newsletters, and they apply here as well: 'The best way to make sure that you do not get what you want or need, is to not say anything at all.'

(Article source Consumer Reports on Health. Provided by Kay Wilkinson)



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Fall Prevention: Helpful Hints to Ensure Your Home Environment is Safe

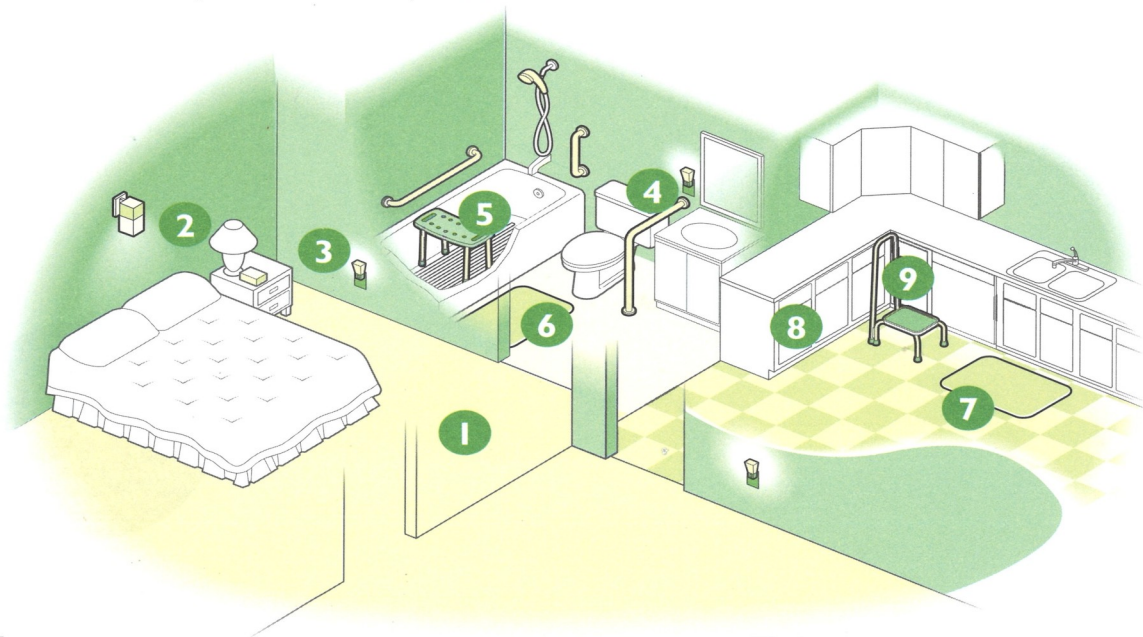
We all know that falls are the leading cause of injury among older adults. With this fact in mind, the article below shows where and how your home can be improved to minimize the potential for a fall. Submitted by Kay Wilkinson, this 'Lifeline' article, provides a diagram illustrating ways furniture can be arranged, lighting can be enhanced, and other important safety tips.

One helpful hint that is not mentioned in the article is to consider installing a raised toilet seat. This can assist someone who is having difficulty sitting down or getting up. The bathroom is a particularly hazardous room due to the increased risk of stumbling, tripping or slipping. More falls occur in the bathroom than any other room.

Visit each room in your home. Look at the space and ask yourself: "Is this safe? Would this make me trip? What can I do in my home to make it safer? Are there items lying around? Too much clutter?" Look at the common safety issues and solutions below. If you are not sure about how to make your home safer, ask for help, and for a helping hand. With the right planning and implementing these simple strategies everyone can live in their home more safely.

Home safety tips to minimize the risk of falling

Falls in and around the home are the most frequently occurring accident. The good news is that many falls are preventable. Protect yourself with the tips below.



Bedroom:

1. Create a safe path, clear of clutter.
2. Place a lamp within reach of bed.
3. Install a nightlight.

Bathroom:

4. Install grab bars next to your tub, shower and toilet.
5. Place non-slip mats or strips in the tub or shower. Add a sturdy shower seat.
6. Add two-sided carpet tape to keep a bathroom rug in place.

Kitchen:

7. Place a rubber mat in front of the sink.
8. Move items you use most often to lower cabinets and drawers.
9. Use a step stool to reach items in high cabinets.

Remember to always consult an occupational or physical therapist to assure correct positioning of safety equipment.

Brain Teaser: How many matches do you see in the picture below?

DailyBrainTeaser.Blogspot.Com



Your answer is? _____ *

Word Whiz

How many 6—letter words can you unscramble?

- | | | |
|-----|--------|-------|
| 1. | AGLSNI | _____ |
| 2. | RETTUL | _____ |
| 3. | WGSNIS | _____ |
| 4. | TROACR | _____ |
| 5. | AOGERN | _____ |
| 6. | WHYROT | _____ |
| 7. | ELEVES | _____ |
| 8. | SRMEMU | _____ |
| 9. | KLEWRA | _____ |
| 10. | ICNTOA | _____ |
| 11. | NRDNIE | _____ |
| 12. | ETERTL | _____ |

* Answers are found on back page



CONTAINER GARDENING

On May 27, the Parry Sound Lunch and Learn at Belvedere Heights is going to be about 'container gardening' with Nicky Anderson. The price of food is rising and sometimes buying items such as herbs and vegetables can seem too costly. Why not consider making a container garden? They are ideal for small spaces and can provide you with enough herbs for longer than the summer season. Dry and/or freeze them to use for many months. You can even grow cherry tomatoes in a container, or peppers and other small vegetables.

Nicky is going to show us how to prepare a container for gardening for various plants whether they are vegetables, herbs, or flowers. We will be handing out resources for you to keep for when you design your own container garden. She will also be making a container garden of herbs for CSS—which we will use for our crock pot program in the fall.

Growing a garden whether big or small is rewarding and educational. Planting and creating gardens of any kind stimulates our brains because of the conscious planning, tending and harvesting of the plants. You can plant a container garden for yourself, an elderly parent, a neighbor or a grandchild—and show them how to garden for themselves. Gardening is a gift that keeps on giving.

A container of plants whether vegetable or flowering is a wonderful gift to give on Mother's Day, Father's Day, someone's birthday or any day. Please come and join us for this Lunch and Learn on May 27, at 11:00 am. Call to reserve your spot.

THE WARMER WEATHER IS HERE — LET'S GET OUT AND ENJOY IT!

Spring is here and the warmer weather has arrived. Now, with the days getting longer there is more time to get outside and get some fresh air.

No one is suggesting you get out there and train for a marathon, simply grab a friend, a neighbor, a grandchild, or even venture out on your own, and take a stroll outside. Look at the plants growing in the neighbourhood yards. Visit with neighbours whom you have not seen all winter. Organize a weekly evening walking group. Change it up and use walking poles. If you cannot walk to the water, get a ride to the town dock, or to the beach, and sit or walk by the water's edge and feel rejuvenated with the fresh air and warm breezes. Start a local gardening group and plant some containers or some annual gardens. The options are limitless. If you find it hard to motivate yourself to get active, ask someone to be your 'buddy' and to help you to get moving. Walking, swimming, playing golf or pickle ball, or going to the children's soccer and ball fields and getting involved as a volunteer are ways to get moving.



Let's face it, we are living longer with medical technology and innovations; so, we might as well be as healthy and active as we can be. Our brains and bodies need exercise—and a gentle walk is a great start. If you notice a neighbor or friend feeling a little down, offer to go for walk with them. One of the best ways to beat 'feeling down' and lethargic is to get up and get outside. We are very fortunate to live in the Parry Sound area surrounded by the beauty of water and fresh air. Whether you live in town, or in Dunchurch, Carling or Pointe au Baril—there are many places to walk and many activities to try.



CSS is going to have a picture contest over the next four months—inviting seniors (must be over age 65) to submit photos of themselves doing any outdoor activity that got them up and moving. Skydiving. Kayaking. On a jet ski. Canoeing. Gardening. Volunteering in the community. Walking by the water. Send in your photos - To Parry Sound Seniors are Active Photo Contest— at Community Support Services. In September we will have the photos posted in our office and people can vote on their favourite picture. The prize will be modest cash gift certificate to a local business. We look forward to seeing all of your pictures. We will be posting them on our website as well.

Have fun! Be active and laugh a lot. Our mental and physical health will thank us for the effort.

Call Community Support Services if:

You need to book a Ride—Transportation to appointments, shopping, friendly visiting

Meals on Wheels— Hot meals—includes soups, entrees, and desserts

Frozen Meals— Delivered on Wednesdays—a variety of dietary meals, deserts, soups, entrees.

Fruit and Vegetables Bags: the 2nd and 4th Friday of each month your choice of a bag of fruits, or veggies or both.

Friendly Visiting: If you want to volunteer to be a friendly visitor or you want a volunteer to come and visit.

Want to attend Diner's Club, Lunch and Learns or Crock Pot cooking lessons?

Please call 705-746-5602. We need to know how many will be attending these events so we know how much food to order.

**Community Support Services 21 Belvedere Ave.
Parry Sound, Ont. 705-746-5602
email: ltaylor@belvedereheights.com**



Please Note that during July and August Diners' Club, Lunch and Learn and Crock Pot Lessons are **NOT** offered. These programs will resume in September 2014.

Seniors Movie Nights, held on the third Thursday evening of the month will continue throughout the summer as long as there is interest. We have hundreds of movies to present.

CSS has started fundraising and asking for donations for the:

'ADOPT A SENIOR FOR CHRISTMAS PROGRAM—2014'. If you have a donation, and / or would like to help participate in this very important program, please call us at: 705-746-5602.



Next CSS Newsletter— July 2014

1. S I G N A L
2. T U R T L E
3. S W I N G S
4. C A R B O T
5. O R A N G E
6. W O R T H Y
7. S L E E V E
8. S U M M E R
9. W A T K E R
10. A C T I O N
11. D I N N E R
12. L E T T E R

Word Whiz Unscrambled:

Answer to Brain Teaser: 8. This can be tricky. The five matches in the front of the lighter are clear. Now a part of what you see on the lighter is reflection. In addition to those five, we can see that there are three partially visible matches which are actually located behind the lighter—making the total count of matches 8.



DINERS' CLUBS:

Parry Sound: at Belvedere Heights Auditorium - May 12; June 9; Dinner is at 4:30 sharp

Dunchurch: at the Whitestone North Landing - May 6; June 3. Meal is at 11:30 am.

LUNCH AND LEARNS:

Parry Sound: Belvedere Heights Auditorium:

May 27 — Container Gardening
June 24— Computers 101 for Seniors

Nobel: at Nobel United Church: 11:00 a.m.

May 20— Container Gardening
June 17 — Computers 101 for Seniors

EXERCISE PROGRAMS:

Yoga Classes: Tuesdays—Chair Yoga at 3:30pm;
Mat Yoga at 5:00 pm—Theresa Gregory 705-389-1669 \$10 per class. Starts April 8th, 2014.

Qi Gong: (chi gong) Thursday mornings at 9:45 am in the Belvedere Heights Auditorium—no cost, although donations are accepted

Walking / Exercise Programs throughout our area are being organized and scheduled through the YMCA. They have the schedule and you can call for programming times and days. Call: 705-746-0511

Beginners' Tai Chi—Wednesday mornings: Belvedere Auditorium. 9:30 am.

SENIORS' PROGRAMS AT BELVEDERE AUDITORIUM

Seniors' Movie Night:

The 3rd Thursday evening of the month. Popcorn. Lots of movie titles—comedies, dramas, musicals. We have a wide and varied selection.



May 15 — Philomena
June 19 — Young at Heart

Gifts of Joy Committee: The 4th Wednesday each month. 1:30—3:30 p.m. Creative minds getting together to make creative decorations and displays.

Crock Pot Cooking Class: The third Monday of the month. 1:00 pm. 3:00. Belvedere auditorium. Food supplied. Please bring your crock pot or we can loan one out. Cost \$7.00.

Parkinson's Support Group: The 1st Wednesday afternoon of each month. 1:15 pm. Belvedere Auditorium. Darrell Smith 705-746-6996

Stroke Support Group: Whitfield Restaurant, 12 noon, 3rd Wednesday of month; Bill Slaman 705-378-0454

IN THE WORKS

CSS is currently working on a project compiling contact information and resources for a 'Seniors' Resource Handbook' for the Parry Sound area. It is an important project that will see the development of a handy book—that has the numbers and contact information for agencies, businesses, clinics etc. that seniors typically access. The book will have tabbed sections dividing the resources into manageable and meaningful sections.

We are also exploring the feasibility of bringing seniors' outreach programs to Dunchurch—like crock pot cooking lessons. An advisory group is beginning to meet to identify the needs of seniors in the outlying areas.



The preacher came to call the other day. He said at my age I should be thinking of the hereafter. I told him, "Oh, I do it all the time. No matter where I am—in the living room, upstairs, in the kitchen, or in the bedroom— I ask myself, "Now, what am I here after?" Everythingzoomer.com